CHIMERA-X
LEVEL 1

EVOLVED ON:
Jan. 1, 2026

BREAK FALLS [Basic/Foundation]

Front, Side & Rear

- Back – Breathing, Head Position, Hands Breaking & Timing
- Side - Breathing, Head Position, Hands Breaking & Timing (Both Directions)
- Front - Breathing, Head Position, Hands Breaking & Timing Upward Hand Cup
- Rolling Back – Arms, Head Position, Roundness, Softness & Timing
- Rolling Forward - Arms, Head Position, Roundness, Softness & Timing
- Rolling Forward to Breakfall- Arms, Head Position, Roundness, Hands Breaking Softness & Timing

HIGH FALLS

Face-Off, Header & Backwards

- Face-Off – Breathing, Head Position, Rotation and Landing Mark (5-6 feet)
- Header – Breathing, Head Position, Rotation and Landing Mark (5-6 feet)
- Backwards – Breathing, Head Position, and Landing Mark (5-6 feet)

TUMBLING/ACRO [Basic/Foundation]

Jumps

- Straight – Form, Head and Hand positions, Timing
- Tuck – Form, Head and Hand positions, Timing
- Straddle – Form, Head and Hand positions, Timing
- Pike – Form, Head and Hand positions, Timing
- Combo – All of above combined

Somersaults/Rolls

- Front – Form, Head and Hand positions, Timing
- Back – Form, Head and Hand positions, Timing

Cartwheels

- Hand Position, Starfish Movement, End Position, Both Sides

Handstands

- Hand and Head Positions, Balance Techniques

STRIKES [Basic/Foundation]

Strikes (Punching)

- The Jab – Body and Feet Position, Chin to Shoulder, Use of Hips
- The Cross – Body and Feet Position, Chin to Shoulder, Use of Hips
- The Hook – Body and Feet Position, Chin to Shoulder, Use of Hips
- The Uppercut – Body and Feet Position, Chin to Shoulder, Use of Hips

Strikes (Kicking)

- Front Push Kick – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- Front Snap Kick – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- Roundhouse – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)
- Outside and Inside Kicks – Body and Feet Position, Hands Up, Chambering and knee position, Use of Hips (Low to Medium Height, Both Legs)

FIGHT CHOOREOGRAPHY [Basic/Foundation]

LANDMARKS (Punching)

- The Jab Hit – 4-6 inches in Front of Face Maximum with Full Intention/Performance, but Full Control
- The Cross Hit – 4-6 inches in Front of Face Maximum with Full Intention/Performance, but Full Control
- The Hook Hit – 4-6 inches in Front of Face Maximum with Full Intention/Performance, but Full Control

  (Depending on Camera position punches can vary as to location of hit)
- The Uppercut Hit – 4-6 inches in Front of Face Maximum with Full Intention/Performance, but Full Control

  (Depending on Camera position punches can vary as to location of hit)
- The Jab Miss or Blocked – Left to Left Shoulder of Partner Close to Face as Possible if Left Handed, Right to Right if Right handed
- The Cross Miss or Blocked – Right to Right Shoulder of Partner Close to Face as Possible if Right Handed, Left to Left if Left Handed
- The Hook Miss or Blocked – Full Extension of Hook, Shoulder Landmark, Aiming with Forearm

(For Miss Follow all the way Through from One Side to Other, For Block Stop to Almost or Touching Blockers Arms)

- The Uppercut Miss – Full Extension, Could be Shoulder Landmark, or Face Landmark



REACTIONS (Punching)

- The Jab Hit – Head Snapping Back, Just a Micro Beat After Punch reaches Full Distance
- The Cross Hit – Head Snapping Back, just a Micro Beat After Punch Reaches Full Distance

  (Depending on Intensity/Power of Punch Can Add Body Movement to follow Head Reaction)
- The Hook Hit – Head Snapping to Right or Left (Punch Dependent) Just after Punch Crosses the Nose

  (Depending of Intensity/Power of Punch Can Add Body Movement to follow Head Reaction)

  (Depending on Camera position punches can vary as to location of hit)
- The Uppercut Hit – Head Snapping Back Just a Bit After Punch passes the Chin
- (Depending on Intensity/Power of Punch Can Add Body Movement to follow Head Reaction)
- (Depending on Camera position punches can vary as to location of hit)
- The Jab Miss – Left to Left shoulder Moving Head and Body to Side Slightly from Punch
- The Cross Miss – Right to Right Moving Head and Body to Side Slightly from Punch
- The Hook Miss – Bob and Weave with Head at Right Timing or Sway Back with Head
- The Uppercut Miss – For Shoulders Moving Head and Body to Side or Sway Back

TRADITIONAL WEAPONS

[Basic/Foundation]

KALI/ARNIS (Sticks)

- 2 Sticks and Single Stick – 5 Angles – Understanding and performing the strikes based on the angles
- Flow – Multiple applications on performing flowing strikes Ex – Figure 8
- Patterns – Single Siniwally, Heaven

- Movement and leg positions. Forward stance with bent knees, male & female V stepping formation
- Attack & Defense strikes – Double and Single Stick

Testing Requirements:

Level 2 students must create and perform a minimum 20 beat fight scene, which integrates all the aspects of fights learnt in level 2. Fight must include a High Fall and end with big reaction hit to the ground. Students must perform both sides of the fight.

Passing Grade – 75%